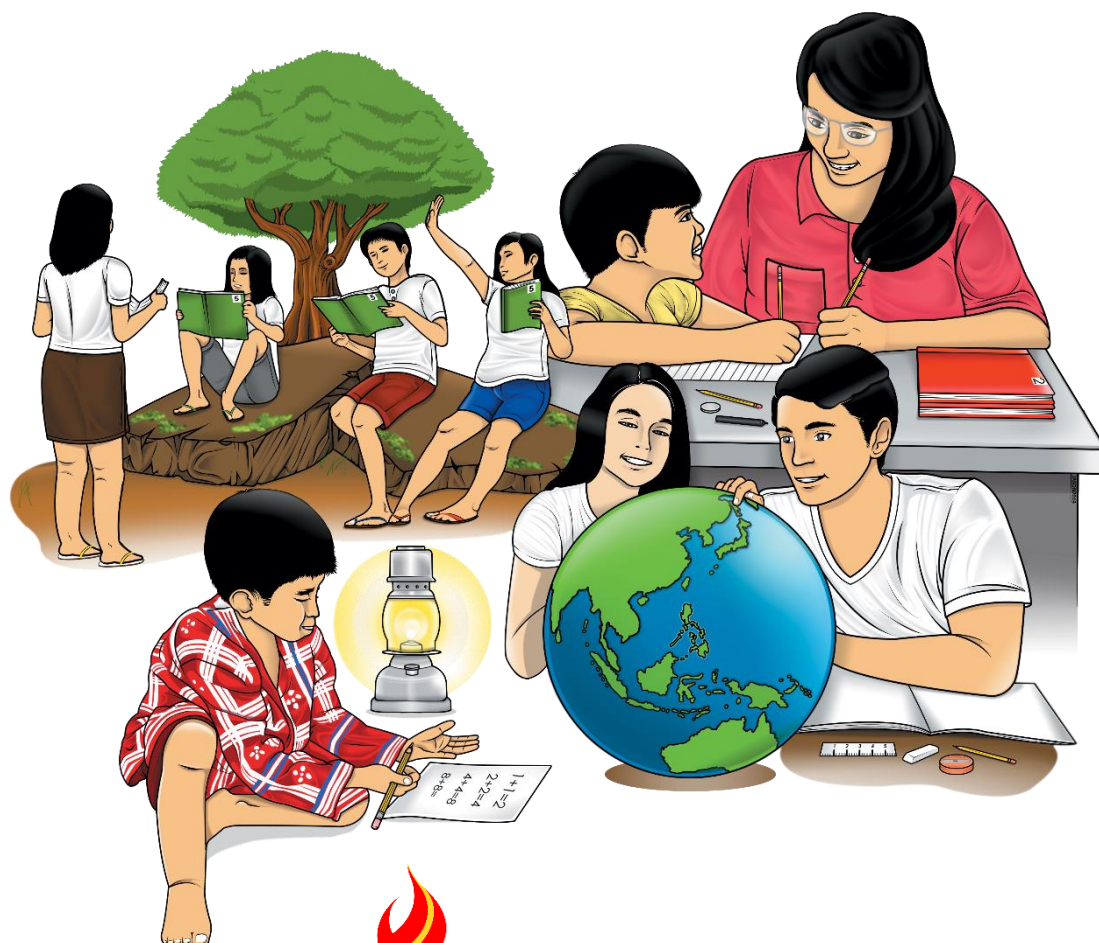


Physical Education

Quarter 1 – Module 3: Introduction to Individual Sports: Running and Swimming



Physical Education – Grade 7

Alternative Delivery Mode

Quarter 1 – Module 3: Introduction to Individual Sports: Running and Swimming

First Edition, 2020

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Physical Education

Quarter 1 – Module 3:

**Introduction to Individual Sports:
Running and Swimming**

Introductory Message

For the facilitator:

Welcome to the P.E 7 Alternative Delivery Mode (ADM) Module on Introduction to Individual Sports: Running and Swimming!

This module was collaboratively designed, developed and reviewed by educators both from public and private institutions to assist you, the teacher or facilitator in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling.

This learning resource hopes to engage the learners into guided and independent learning activities at their own pace and time. Furthermore, this also aims to help learners acquire the needed 21st century skills while taking into consideration their needs and circumstances.

As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

Welcome to the P.E 7 Alternative Delivery Mode (ADM) Module on Introduction to Individual Sports: Running and Swimming!

The hand is one of the most symbolized part of the human body. It is often used to depict skill, action and purpose. Through our hands we may learn, create and accomplish. Hence, the hand in this learning resource signifies that you as a learner is capable and empowered to successfully achieve the relevant competencies and skills at your own pace and time. Your academic success lies in your own hands!

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



What I Need to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



What I Know

This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



What's New

In this portion, the new lesson will be introduced to you in various ways such as a story, a song, a poem, a problem opener, an activity or a situation.



What is It

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



What's More

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



What I Have Learned

This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.



What I Can Do

This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.



Assessment

This is a task which aims to evaluate your level of mastery in achieving the learning competency.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

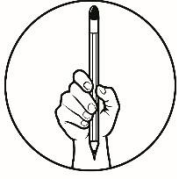
This module was designed and written with you in mind. This will help you understand the nature and background of the running. The scope of this module will involve you in different learning situations. The language used in the following topics are appropriate to your vocabulary level as a student. The lessons are arranged to follow the standard sequence of the course.

Are you ready to learn more about running and swimming? This module will help you understand the nature, background and skills of individual sports such as track event or running and swimming. This module focuses on the following lessons:

- Lesson 1 – Introduction to Running
- Lesson 2 – Skills in Running
- Lesson 3 – Introduction to Swimming
- Lesson 4 – Skills in Swimming

After going through this module, you are expected to have learned the following competencies:

- Undertakes physical activity and physical fitness assessments. (PE7PF-Ia-h-23)
- Describe the nature and background of the sport. (PE7GS-Id-5)
- Execute the skills involved in sport. (PE7GS-Id-h-4)
- Monitor periodically one's progress towards fitness goals. (PE7PF-Id-h28)



What I Know

Pre-Test

A. Directions: Choose the letter of the best answer.

1. This event is participated by four runners. Each runner covers 100 meters.
 - a. 4 x 100
 - b. 4 x 200
 - c. 4 x 400
 - d. 4 x 800
2. This event requires the participant to run over the hurdles during the race.
 - a. Relay
 - b. Sprint
 - c. Hurdles
 - d. Long Distance
3. The following are events held in a 400-meter track, EXCEPT:
 - a. Sprint
 - b. Relays
 - c. Hurdles
 - d. Shot put
4. It is a collection of sports events that involves running, throwing, and jumping.
 - a. Archery
 - b. Athletics
 - c. Swimming
 - d. Gymnastics
5. The following are the starter's command in running, EXCEPT:
 - a. Go
 - b. Set
 - c. Ready
 - d. On Your Marks
6. This event is participated by four runners. Each runner covers 400 meters.
 - a. 4 x 100
 - b. 4 x 200
 - c. 4 x 400
 - d. 4 x 800
7. Which of the following is the equipment used in relay races?
 - a. Baton
 - b. Discus
 - c. Hurdles
 - d. Shot put
8. Which of the following is NOT a part of any running event?
 - a. Individual
 - b. Relay
 - c. Medley
 - d. Long distance
9. He was the first man to swim the English Channel in 1875.
 - a. George Bath
 - b. John Arthur
 - c. Richmond Cavill
 - d. Captain Matthew Webb

10. An individual or team racing sport that requires the use of one's entire body to move through water.
- a. Athletics
 - b. Running
 - c. Swimming
 - d. Gymnastics
11. Which of the following swimming stroke is the fastest and most efficient technique?
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
12. It is the most difficult and exhausting stroke in swimming.
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
13. It is the slowest swimming stroke.
- a. Butterfly
 - b. Freestyle
 - c. Backstroke
 - d. Breaststroke
14. The following are equipment use in swimming, EXCEPT:
- a. Kickboard
 - b. Baton
 - c. Goggles
 - d. Swim suit
15. In 1951, the first ASEAN Games was held in:
- a. New Delhi, India
 - b. Bangkok, Thailand
 - c. Los Angeles, California
 - d. Amsterdam, The Netherlands

Lesson

1

Introduction to Running

In the previous lesson, you have learned about basic exercise program as well as the skills on how to design your own exercise. You have also learned about the different kinds of stretching. Are you ready to learn more? The following lesson will focus on the different running and swimming events. You will be provided with activities that will test your prior knowledge, and will help you to understand more about running and swimming.



What's In

Let's refresh your memory about our previous lesson.

Directions: Copy the table below in your notebook. From the list of exercises below identify which is exercises is for warm-up (dynamic exercise) and cool-down (static exercise). Write your answers under the correct column in the table.

1. Front of Thighs
2. Knee & Thigh
3. March & Reach
4. Back of upper arm
5. Side Cross Swings

6. Upperback
7. Plank Walk-Outs
8. Chest
9. Front Leg Raise Toe Tap
10. Front Swings

WARM-UP	COOL-DOWN



What's New

Activity 1: Personal Check

In this part of the lesson, you will be engaged in different activities to enhance your knowledge and understanding about individual sports.

Directions: Put a check (✓) mark in the Column of YES, if you have performed the activities listed below and (✗) in the NO column if you have not.

ACTIVITIES	YES	NO
I have joined a running competition in our barangay.		
I'm good at playing luksong tinik.		
I have overtaken a dog barking at or running after me.		
I became a runner and jumper in my elementary grade.		
I can run fast without getting any injury.		
I enjoy playing, running, and jumping with my neighbors.		
I can throw a stone to a far distance.		
I can jump high without giving full effort.		
I enjoy watching different activities like running, jumping and throwing competitions.		
I can run and jump in fun games.		

If you have more than five “yes” answers in this activity it means that you possess athletic skills. All you need to do is to develop and enhance such skills to become a potential athlete.



What is It

Read to Understand

The Background of Athletics

Track and field athletics, commonly known as athletics or track and field, is a collection of sports events that involve running, throwing and jumping. The name "athletics" is derived from the Greek word "athlos" meaning "contest".

Dating back to the Ancient Greeks, athletics was the only competition to be held in the first Olympic Games which took place in Athens in 776 BC. At that time, the single athletic event was known as the stade, a foot race which covered the length of the Athenian Olympic stadium.

In 1896, the first modern Olympic Games were staged. Although initially of limited appeal, the Olympics captured the imagination of athletes and grew steadily, making track and field an international sport for the first time. In 1913, the International Amateur Athletic Federation (IAAF) was formed by representatives from 16 countries. The IAAF was charged with establishing standard rules for the sport, approving world records, and ensuring that the amateur code was adhered to; it continues to carry out these duties today.

Track Events

Track events often involve a field or a running track of varying measurements. These events are typically held in a 400-meter track. These include sprints, middle distance events, long distance events, hurdles, relays, road running and race walking.

Short Distance or Sprints

Sprint is a short running race. In a track and field competition, there are generally three different sprint distances: 100m, 200m, and 400m.

Middle Distance

The middle-distance races are 800m, 1500m, and 3000m. These races require different skills and tactics to win. They rely more on endurance and pacing than just pure speed. Also, the runners don't stay in a single lane for the entire race. They start out in staggered lanes, to make the distance the same for each runner, but the race soon becomes open with no lanes and the runners must pass around each other to gain the lead.

Long Distance

There are three main long-distance races: 3000m, 5000m, and 10,000m races. These races are similar to the middle-distance races, but the emphasis is even more on correct pacing and endurance.

Hurdles

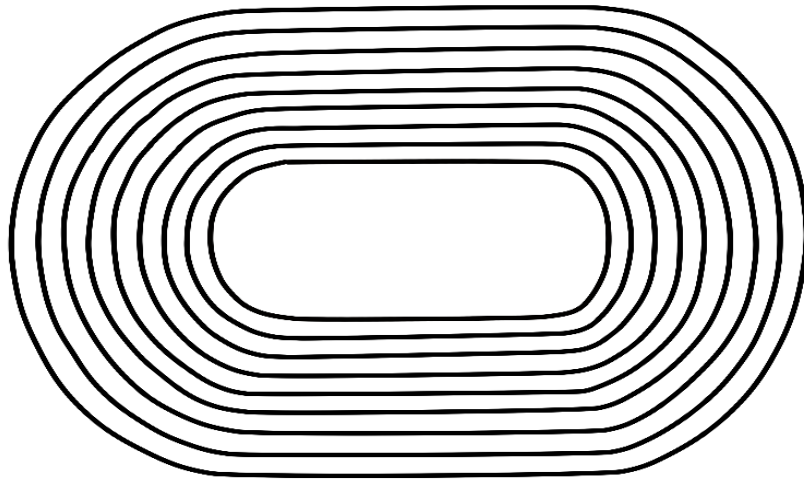
A hurdles race is one in which obstacles are placed at intervals along the track that the runners must jump over on their way the finish line. Typical hurdle races are the 100m and 400m for women and 110m and 400m for men. Timing, footwork, and technique are the key in wining hurdles events. Of course, you still need to be fast, but jumping the hurdles in stride without much slowing down is how to win in the hurdles.

Relays

Relay races are where teams of runners compete against each other. There are typically four runners and four legs to the race. The first runner starts with the baton and runs the first leg handing off to the second runner. The hand off must typically take place within a given area of the track. The second then hands off to the third and the third to the fourth. The fourth runner runs the final, or anchor, leg to the finish line. Common relay races are the 4x100m and the 4x400m.

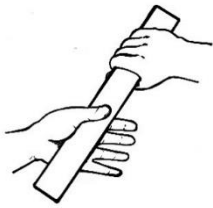
Facilities and Equipment used in Athletics

Track facility

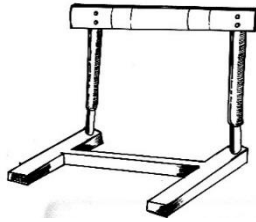


Track Oval

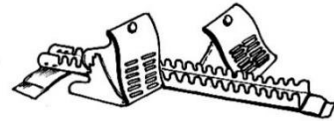
Equipment



Baton



Hurdles



Starting Blocks



Starting Gun



Spike Shoes

Participating and performing well in running events require some key skills to make it well in every event. Mastering these skills will not waste any movement, will use essential muscles, use optimum force, and relax the muscles that will not be involved in your movements.

Running Skills

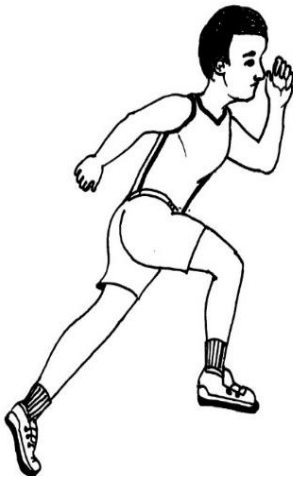
Body Position



The head, trunk, and pelvis should be positioned along a vertical line, which is perpendicular to the ground. This helps to ensure that the pelvis is in the most efficient position. It should be obvious that the erect position better enables you to lift your knees, which, in turn, will increase stride length.

Your head should be up, with eyes focused 20 - 30 yards ahead. Runners who have a tendency to look at the ground a short distance in front of their feet usually have short, choppy stride as a result.

Arm and Shoulder Carriage



It is necessary to have arm and shoulder movements during running so that torque produced by the driving of the legs is more easily absorbed. Your shoulder must move in coordination with the arms.

It is advisable for you to keep the hands, arms, and shoulders as relaxed as possible, for tense muscles does not only required a greater oxygen consumption but are also prone to cramps. Most runners cup the hands or maintain a light pressure between the thumb and fist, finger on each hand; this tends to prevent the arms and shoulders from tensing.

The position of the arms should probably approach a right angle during the forward movement but the exact position is not critical. However, you must not carry your arms excessively high for this can be very fatiguing. During the forward swing, your arms should not cross the imaginary mid-line which divides the body. Runners who do this "cross-body" action cause the trunk to rotate unnecessarily.



Recovery Phase



Driving Phase

Action of the Legs

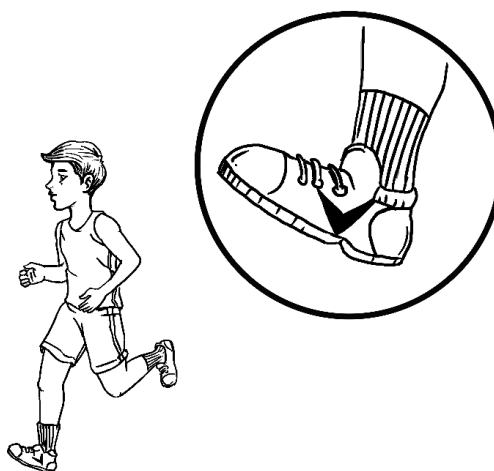
There are two parts of leg action. These are: (1) the recovery phase, and (2) the driving phase. In the recovery phase, the rear foot leaves the ground and in the driving phase the lead foot touches the ground.

Running speed is the combination of the stride length and frequency of the stride. Stride length and body lean will increase as one increases speed.

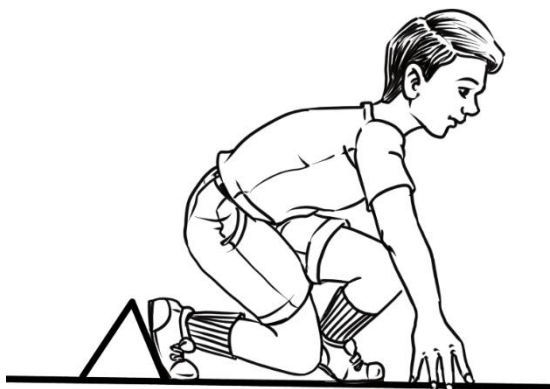
Foot Action

A male runner has a landing touch with a "heel-ball" action, which is where the heel hits the ground first. The weight is then transferred to the ball of the foot in a rocking chair fashion. Among female runners the "heel-ball" and "ball-heel-ball" is about the same. In the "ball-heel-ball", the runner initially settles on the ball of the foot, then momentarily transfers the body's weight to the heel, and then rolls forward again to the ball for the driving phase. The "heel-ball" landing touch is suited to be more efficient over long distances because there is less strain put on the muscles of the calf.

- a. Master the sprint start.
- b. Starting a sprint race is all about explosion of speed and power.
- c. You do need to keep it under control.
- d. Being relaxed helps your body run efficiently and quickly at any distance.
- e. Try to breathe gently and await the starter's commands.

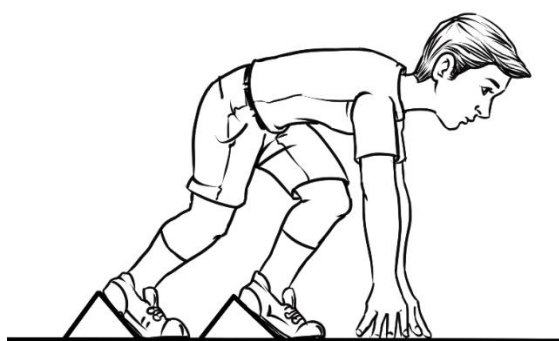


ON YOUR MARK



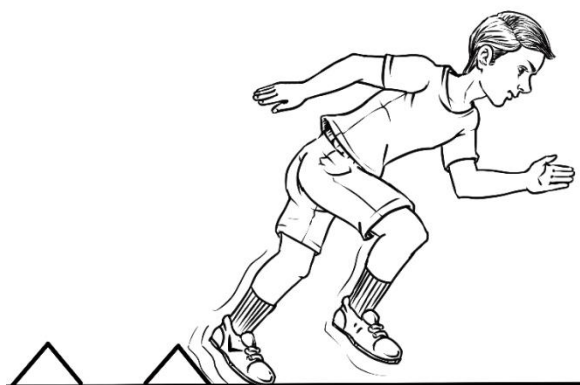
- a. Crouch on one knee and form a high bridge with your fingers just behind the line.
- b. Your hands should be placed slightly wider than your shoulder width.
- c. If you feel cramped, you are probably positioned too close to the start line.
- d. Don't get distracted by anything or anybody.
- e. Keeping your eyes focused on the ground ahead of you will help your balance, focus and relaxation.

SET

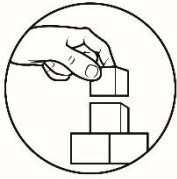


- a. Raise your hips to a level just above your shoulders.
- b. Your head shouldn't be dropped towards the ground but don't 'crick' your neck by trying to look up the track.
- c. Lean your body as far forward as you can and aim to begin running without stumbling.
- d. Wait for that starting signal.

GO



- a. When the gun goes off, breathe out hard and pump those arms and legs.
- b. Try not to travel too far with each stride to start with.
- c. Thrust your elbows as high as possible with each backward swing and drive your legs with a high knee action.
- d. Keeping your body low in your opening strides will thrust you forward.



What's More

Activity 1: Word Hunt Game

This activity will enhance your knowledge and understanding on our lesson about individual sports specifically track event.

Directions: There are 13 empty boxes in the middle of the chart. Write the missing letter in column 8 to complete the words related to athletics.

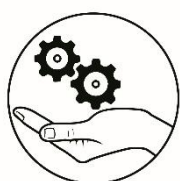
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X	L	O	S	B	H	E		D	U	R	A	N	C	E
C	P	O	K	T	U	I		U	N	N	E	R	S	X
V	O	T	G	Z	R	E		A	Y	S	K	H	C	H
B	I	A	D	P	D	A		U	A	Y	N	M	G	T
N	U	C	S	O	L	E		Y	Z	O	C	N	K	D
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K	R	O	S	I	N	N		C	N	V	S	T	L	Z
J	E	N	E	O	N	Y		U	R	M	A	R	K	S
U	W	R	W	E	E	G		V	F	Y	I	L	C	K
G	Q	S	P	I	K	E		S	H	O	E	S	Y	Y
S	T	A	R	T	I	N		B	L	O	C	K	S	W

Activity 2: Peer or Family Assisted Activity

Directions:

1. Perform the following command in running.
2. Put a check (✓) if it observed or not observed.
3. Repeat the activity three times.

POSITION	OBSERVED			NOT OBSERVED		
	1 ST Trial	2 nd Trial	3 rd Trial	1 ST Trial	2 nd Trial	3 rd Trial
On Your Mark - Both hands are on the ground shoulder width apart, arms supporting the body and knee of the rear leg rests on the ground						
Set - Arms support the body, shoulders are above and slightly ahead of the hands, and front knee is at angle of 90 degrees higher than the shoulder level.						
Go - Front leg is driven forward and hands are lifted from the ground at the on same time. Knee and hip are fully extended on completion of drive.						



Additional Activities

Activity Log

In this activity, you will monitor the progress of your running speed for one week.

Directions:

1. Perform a warm-up exercise before doing the activity and cool-down after.
2. Execute the recommended running activity for three (3) days.
3. Record your heart rate and the running time on your weekly activity log.

DAYS		ACTIVITY	TIME (hours: minutes: seconds)	HEART RATE (bpm)
Monday	Morning/ Afternoon	800-meter walk		
Wednesday	Morning/ Afternoon	5-minute jogging		
Friday	Morning/ Afternoon	50-meter run		

Lesson

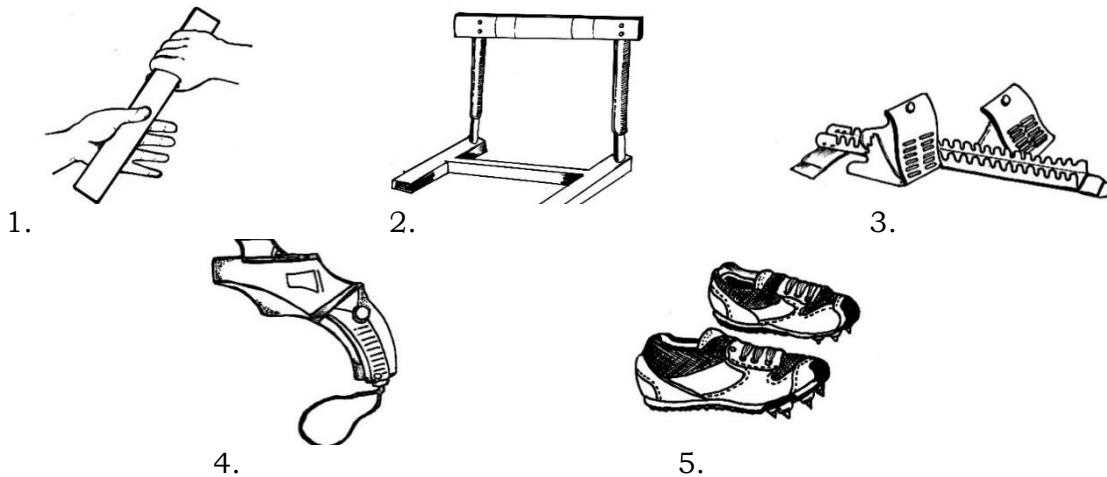
2

Let's Run the Race



What's In

Direction: Before we dig deeper into running, let's identify again the different equipment used in running.



What's New

Activity 1: WARM ME UP

This activity will prepare your body for any physical activity.

Procedure:

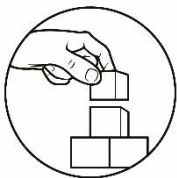
1. Obtain and record your RHR.
2. Do the following exercises:
 - a. 5 - Minute jog in place or jogging around.
 - b. Head stretch – 10 seconds (forward, backward, sideward)
 - c. Arm stretch – 10 seconds (right and left)
 - d. Leg stretch – 10 seconds (right and left)
 - e. Lunge
 - f. High knees
 - g. Side shuffle (right and left)
3. Obtain and record your heart rate after.



What is It

Physical activity has benefits for the human body, but along with this, it also carries with it some risks. The most common of these risks are burnout and musculoskeletal injury. Depending on the activity, injury may be present. To minimize the risks of activity – related injuries, here are some precautions and safety tips that you may follow:

- Wear comfortable clothing and well – padded shoes that will protect the heels and arches of the feet.
- Put on appropriate gear for the activity such as knee pad and elbow pads.
- Always do warm up exercises before any physical activity and cool down afterwards to lower the risk of strains and sprains.
- Take some break during the activity.
- Do not exercise with an empty stomach. Eat something light to give you some stamina, but do not exercise immediately after a full meal.
- Replenish fluids before, during, and after a physical activity.
- Be aware of the weather and environmental conditions. Avoid doing outdoor vigorous activities in hot or humid weather.
- Listen to your body. Don't do physical activity when you don't feel well.



What's More

Activity 1: Let's Run!

Remember that before doing any physical activity, you must do warm up exercises first. This should be done to prevent injuries that may happen.

Directions: Wear a proper attire for your safety in doing the activity. Perform warm-up exercises first before doing the activity.

Procedure:

1. Find a place or space where running is possible. Measure the distance.
2. Run for about three (3) minutes straight.
3. If you feel tired after sometime, you may do jogging but make sure to finish the time.
4. Note for the distance you covered for the 3-minute run.
5. Do your cool down exercise.

Activity 2: Run with Me!

Directions: Wear a proper attire for your safety in doing the activity. Have someone to accompany you during your run.

Procedure:

1. Repeat what you did in Activity 1. But this time you will have someone to check if you are doing the proper body actions in running.
2. Observe proper command during your run.

Activity 3: Let's Run Run Run !

In this activity, your understanding about the running skills will be deepened. You will perform and apply the basic skills in running.

Directions: Wear a proper attire for your safety in doing the activity. Perform warm-up exercises first before doing the activity. Record your time in order to keep track of your performance. Ask one member of your family to record your time.

Procedure:

1. Find a place or space where running is possible. Measure the distance of the event that you are running (20m, 30m, 40m, 50m)
2. Run different distances.
3. Observe the different running commands.
4. Record your performance of speed.
5. You will be rated according to the rubric below.

Sprint	Time (Minutes and seconds)
20 meters	
30 meters	
40 meters	
50 meters	

Mastery (4)	Proficient (3)	Developing (2)	Needs Improvement (1)
Arms move in opposition to legs, elbows bent.	Arms moves in opposition to legs most of the time, elbows bent.	Arms move in opposition inconsistently.	Arms do not move in opposition of legs
Brief period where both feet are off the ground (period of suspension)	Feet are on the ground together sometimes.	Feet are on the ground together most of the time.	Feet are always on the ground together.
Foot placement is always correct.	Foot placement is correct most of the time	Landing is flat footed majority of the time.	Landing is always flat footed.
Nonsupport leg bent approximately 90 degrees	Knee bend is less than 90 degrees	Knee bend varies in degrees.	Slight or no knee bend.

Activity 4: Cool Down

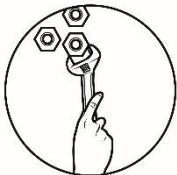
Perform static stretching to cool down your muscles.



What I Have Learned

Complete the chart below. This will be your exit ticket showing what you learned in this lesson.

3 Things I Have Learned	2 Thing I have Enjoyed	1 Question in my Mind



What I Can Do

Make an essay about this question.

If you were given a chance to become an athlete, particularly a runner, what will you do to be good and successful in this field?

Lesson

3

Introduction to Swimming



What's In

In our previous lesson, you learned about track event, facilities, equipment and skills in running. Let's check if you still remember our previous lesson.

1. What is running?
2. What are the facilities and equipment used in running event?
3. Give at least 3 examples of running events.



What's New

Activity 1: Puzzle Game

This activity introduces the basic strokes and techniques of swimming and how each skill is properly executed.

Directions: Find and loop words related to swimming. Classify the following words whether it is equipment or skills.

E	B	R	E	A	S	T	S	T	R	O	K	E	C	T
E	F	D	C	V	W	Q	A	Z	M	K	L	U	F	O
L	R	I	E	K	I	C	K	B	O	A	R	D	G	U
Y	O	E	N	V	M	H	E	A	D	G	E	A	R	C
T	N	X	I	S	M	P	O	G	B	S	D	S	U	H
S	T	A	R	T	I	N	G	G	U	N	E	B	I	P
E	C	H	J	F	N	U	L	Y	P	L	M	A	A	A
E	R	Q	H	E	G	H	L	H	G	I	U	C	S	D
R	A	Y	F	D	T	F	B	G	P	O	M	K	W	W
F	W	I	U	N	R	G	O	H	J	I	V	S	I	Q
R	L	R	L	E	U	G	S	U	W	S	Y	T	M	A
F	U	F	T	K	N	P	U	S	S	K	T	R	S	S
V	H	T	L	K	K	W	I	K	D	J	R	O	U	X
C	U	U	R	T	S	Q	T	O	E	I	E	K	I	Z
B	F	L	U	T	T	E	R	K	I	C	K	E	T	H

Equipment	Skills

Directions: Using the words you have listed from the puzzle game, formulate a paragraph that will describe swimming.



What is It

Read to Understand

Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle.

History of Swimming

- Prehistoric times – Evidence of recreational swimming has been found with the earliest evidence dating to Stone Age paintings from around 10,000 years ago.
- 2000 BC – Some of the earliest references to swimming including the Iliad, the Odyssey, the Bible, Beowulf, the Quran and others.
- 1538 – *Nikolaus Wynmann*, a Swiss–German professor of languages, wrote the earliest known complete book about swimming, *Colymbetes, sive de arte natandi dialogus et festivus et iucundus lectu* (*The Swimmer, or A Dialogue on the Art of Swimming and Joyful and Pleasant to Read*).
- 1830 – Swimming emerged as a competitive recreational activity in the in England.
- 1828 – The first indoor swimming pool, St George's Baths was opened to the public.
- 1837 – The National Swimming Society was holding regular swimming competitions in six artificial swimming pools, built around London. The recreational activity grew in popularity.

- 1844 – Two Native American participants at a swimming competition in London introduced the front crawl to a European audience.
 - *Sir John Arthur Trudgen* – picked up the hand-over stroke from some South American natives and successfully debuted the new stroke in 1873. His stroke is still regarded as the most powerful to use today.
 - *Captain Matthew Webb* – was the first man to swim the English Channel (between England and France), in 1875. Using the breaststroke technique
- 1880 – The first national governing body, the Amateur Swimming Association was formed, there were already over 300 regional clubs in operation across the country.
- 1889 – The first European amateur swimming competitions were in Vienna.
- 1892 – The world's first women's swimming championship was held in Scotland.
- 1896 – Men's swimming became part of the first modern Olympic Games in Athens.
- 1902 – The Australian Richmond Cavill introduced freestyle to the Western world.
- 1908 – The world swimming association, Fédération Internationale de Natation (FINA), was formed.
- 1912 – Women's swimming was introduced into the Olympics.
- 1922 – Women's Olympiad was the first international swim meet for women outside the Olympics
- 1930 – Butterfly was developed and was at first a variant of breaststroke, until it was accepted as a separate style in 1952.

History of swimming in the Philippines

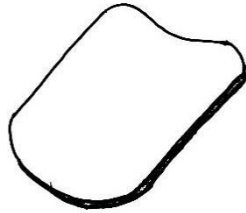
- 1900s – Americans introduced swimming as a sport to the Philippines.
- 1912 – A number of local swimmers had emerged from different parts of the country who competed against each other in championships organized by the Americans.
- 1928 – The greatest achievement of a Filipino in the sport.
 - Teofilo E. Yldelfonso – nicknamed the “Ilocano Shark,” won the Philippines first Olympic medal by winning bronze in the 200 m breaststroke event at the 1928 Olympics in Amsterdam, the Netherlands.
 - He repeated this feat in the 1932 Olympics in Los Angeles, California, when he won his second bronze medal, becoming the first Filipino to win multiple medals in the Olympics.
- 1951 – The first Asian Games was held in New Delhi, India.
 - Artemio Salamat and Jacinto Cayco won gold medals for the 200m and 100m breaststroke events, respectively.
- 1985 – Erik Buhain won a gold in the 400-meter individual medley at Southeast Asian Games held in Bangkok, Thailand.

Equipment in Swimming

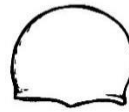
The following are the basic equipment used in swimming.



Goggles



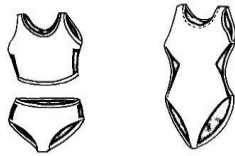
Kick Board



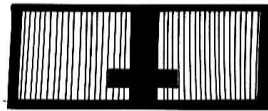
Swim Cap



Starting Gun



Swim Suit



Touch pad



Swimming trunks

Swimming is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle.

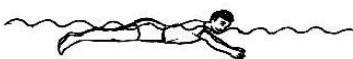
Four Swimming Strokes

1. Front Crawl

- It is popularly known as Freestyle. It is also considered as the fastest and most efficient swimming technique.
- The body must be kept horizontal, stretched and streamlined.
- Involves alternating over arm strokes and the flutter kick, the up and down movement of the legs.
- The head remains in the water, the face alternating from side to side.



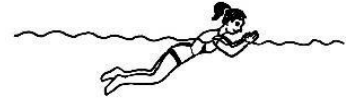
2. Butterfly



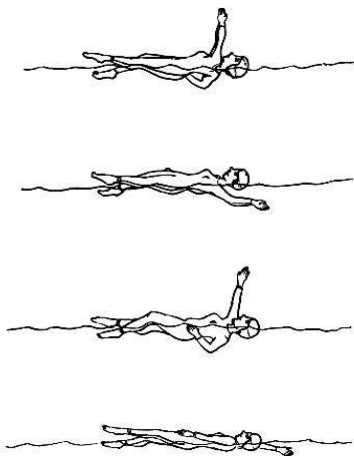
- It is a powerful and graceful technique; the most difficult and exhausting stroke.
- Hands enter the water shoulder width apart.
- Legs move in fishtail or dolphin kick, which the legs move up and down together, with the knees bent on the upward swing.
- Arms move up and downward shoulder rotate bringing arms around.

3. Breaststroke

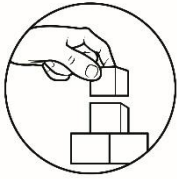
- It is the slowest of the four official styles in competitive swimming which requires comparable endurance and strength to other strokes.
- Strokes begin with the body in a stretched out, horizontal position with the face in the water.
- Upper body lifts as the arms pull and the head lifts to breathe.
- Frog kick takes place under the water and begins with the legs in an extended position with feet together. Frog kick is leg movement where the knees primarily turned outward and the legs alternately separated and closed.



4. Backstroke



- It has the advantage of easy breathing, but has the disadvantage of swimmers not being able to see where they are going. This is the only competition swimming style that has a different start.
- Push of the wall, on your back, in a streamline position.
- The alternating kick originates from the hip and remains within the body width.
- Toes are pointed with ankles relaxed and the knees bend slightly with each kick.
- The leg kick and arm actions should be controlled and steady while maintaining a fixed head position.



What's More

Activity 1: Swimming Exercise Log

In this activity, you will design your own exercises related to swimming.

Directions: List down five exercises that aim to develop cardiovascular endurance and five exercises that aim to develop muscular endurance. Specify the number of repetitions and the time.

Exercises	Repetition	Time (in seconds)
A. Cardiovascular Endurance		
1.		
2.		
3.		
4.		
5.		
B. Muscular Endurance		
1.		
2.		
3.		
4.		
5.		

Lesson

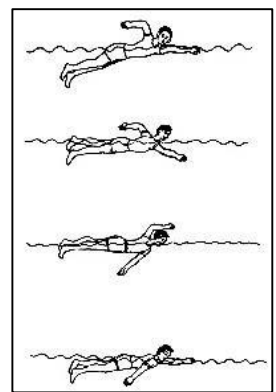
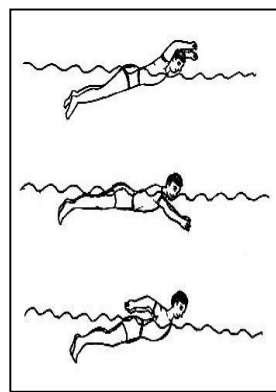
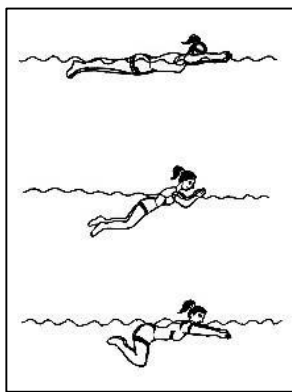
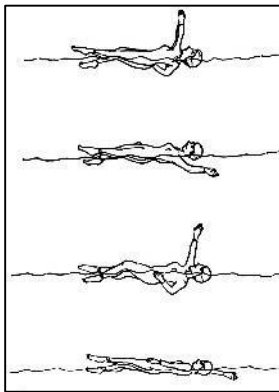
4

Let's Swim



What's In

A. Direction: Identify the swimming strokes illustrated in each of the following items.



1. _____ 2. _____ 3. _____ 4. _____

B. Direction: Identify the names of the following swimming equipment.

1.



4.



2.



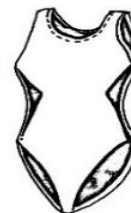
5.



3.



6.





What's New

Activity 1: WARM ME UP

This activity will prepare your body for any physical activity.

Procedure:

1. Obtain and record your RHR.
2. Do the following exercises:
 - a. 5 - Minute jog in place or jogging around.
 - b. Head stretch – 10 seconds (forward, backward, sideward)
 - c. Arm stretch – 10 seconds (right and left)
 - d. Leg stretch – 10 seconds (right and left)
 - e. Lunge
 - f. High knees
 - g. Side shuffle (right and left)
3. Obtain and record your heart rate after.



What's More

Activity 1: Dry Land Exercise

In this activity, you will apply the swimming skills in dry land.

Material: Timer

Procedure:

1. Ask friends/family members to assist you.
2. Obtain and record your RHR.
3. Using a bench perform each exercise such as flutter kicks, Dolphin kicks, and Frog kicks.
4. After each exercise, record your heart rate.
5. Rest for 1 minute, then repeat the exercises.
6. Observe the proper procedure in doing the different skills.

Leg Work Exercises	First Trial	Second Trial
	No. of kicks	No. of kicks
Flutter Kicks (1 minute)		
Dolphin Kicks (1 minute)		
Frog Kicks (1 minute)		
Arm Exercises	First Trial	Second Trial
	No. of Strokes	No. of Strokes
Backstroke (1 minute)		
Breaststroke (1 minute)		
Butterfly (1 minute)		
Front Crawl (1 minute)		

Processing questions:

1. What is your observation on your performance?
2. Which of the exercises you've done were easy to perform? Why?
3. Which of the exercises you've done were hard to perform? Why?
4. Is there an improvement in your performance from first trial up to the last trial? State your answer.
5. Is there an increase in your heart rate in every exercise?
6. What do you think is the relationship between your heart rate and your performance?

Activity 2: Dry Land Exercise with my Family

Material: Timer

Procedure:

1. Do the Activity 2 together with a family member or a friend.
2. Increase repetition and the time of every exercise you will do.
3. Observe the proper procedure in doing the different skills.

Activity 3: Cool Down

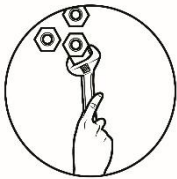
Perform static stretching to cool down your muscles.



What I Have Learned

Complete the K-W-L chart by answering things you already know, things you still want to know, and the things you have learned about swimming in general.

What I KNOW	What I WANT to Know	What I've Learned
A. History	A. History	A. History
B. Facilities	B. Facilities	B. Facilities
C. Skills	C. Skills	C. Skills



What I Can Do

Direction: Write a short essay about this question?

How can you use the skills you have learned in running and swimming in real life situations?

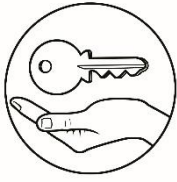


Assessment

A. Directions: Choose the letter of the best answer.

1. The following are events held in a 400-meter track, EXCEPT:
 - a. Sprint
 - b. Relays
 - c. Shot put
 - d. Hurdles
2. It is a collection of sports events that involves running, throwing, and jumping.
 - a. Swimming
 - b. Gymnastics
 - c. Athletics
 - d. Archery
3. Which of the following swimming stroke is the fastest and most efficient technique?
 - a. Freestyle
 - b. Butterfly
 - c. Breaststroke
 - d. Backstroke
4. It is the most difficult and exhausting stroke in swimming.
 - a. Backstroke
 - b. Breaststroke
 - c. Butterfly
 - d. Freestyle
5. In 1951, the first ASEAN Games was held in:
 - a. Amsterdam, The Netherlands
 - b. Bangkok, Thailand
 - c. Los Angeles, California
 - d. New Delhi, India
6. It is the slowest swimming stroke.
 - a. Backstroke
 - b. Breaststroke
 - c. Butterfly
 - d. Freestyle
7. The following are equipment use in swimming, EXCEPT:
 - a. Swimsuit
 - b. Kick board
 - c. Goggles
 - d. Baton
8. The following are the starter's command in running, EXCEPT:
 - a. Set
 - b. Ready
 - c. On Your Marks
 - d. Go
9. This event is participated by four runners. Each runner covers 400 meters.
 - a. 4 x 800
 - b. 4 x 400
 - c. 4 x 200
 - d. 4 x 100
10. Which of the following is the equipment used in relay races?
 - a. Shot put
 - b. Hurdles
 - c. Discus
 - d. Baton

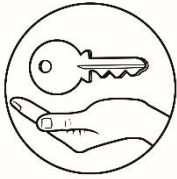
11. Which of the following is NOT a part of any running event?
- a. Individual
 - b. Relay
 - c. Long Distance
 - d. Medley
12. He was the first man to swim the English Channel in 1875.
- a. Richmond Cavill
 - b. George Bath
 - c. John Arthur
 - d. Captain Matthew Webb
13. An individual or team racing sport that requires the use of one's entire body to move through water.
- a. Swimming
 - b. Running
 - c. Gymnastics
 - d. Athletics
14. This event is participated by four runners. Each runner covers 100 meters.
- a. 4 x 800
 - b. 4 x 400
 - c. 4 x 200
 - d. 4 x 100
15. This event requires the participant to run over the hurdles during the race.
- a. Relay
 - b. Sprint
 - c. Hurdles
 - d. Long Distance



Answer Key (Lesson 1 and 2)

<p>What's In (Lesson 2)</p> <ol style="list-style-type: none"> 1. Baton 2. Hurdles 3. Starting blocks 4. Starting gun 5. Spike shoes 	<p>What's In</p> <p>LET'S RECALL</p> <ol style="list-style-type: none"> 1. Warm-up 2. March & Reach 3. Side Cross Swings 4. Plank Walk-Outs 5. Front Leg Raise Toe Tap 6. Front Swings <ol style="list-style-type: none"> 1. Cool-down 2. Front of thighs 3. Knee & Thigh 4. Back of upper arm 5. Upperback 6. Chest 	<p>What I Know</p> <ol style="list-style-type: none"> 1. A 2. C 3. D 4. B 5. C 6. C 7. A 8. C 9. D 10. C 11. B 12. A 13. D 14. B 15. A
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<p>What's More</p> <p>Activity 1: Word Hunt Game</p>														
Z	C	F	A	T	H	L	E	T	I	C	S	S	W	Q
X	L	O	S	B	H	E	N	D	U	R	A	N	C	E
C	P	O	K	T	U	I	R	U	N	N	E	R	S	X
V	O	T	G	Z	R	E	L	A	Y	S	K	H	C	H
B	I	A	D	P	D	A	D	U	A	Y	N	M	G	T
N	U	C	S	O	L	E	C	Y	Z	O	C	N	K	D
M	Y	T	A	I	E	G	O	K	T	S	I	S	F	U
L	T	I	T	P	S	E	T	A	O	N	H	G	S	S
K	R	O	S	I	N	N	B	C	N	V	S	T	L	Z
J	E	N	E	O	N	Y	O	U	R	M	A	R	K	S
U	W	R	W	E	G	O	V	F	Y	I	L	C	K	
G	Q	S	P	I	K	E	R	S	H	O	E	S	Y	Y
S	T	A	R	T	I	N	G	B	L	O	C	K	S	W



Answer Key (Lesson 3 and 4)

<p>Equipment</p> <p>Kick board</p> <p>Head gear</p> <p>Starting gun</p> <p>Touch pad</p> <p>Swim suit</p> <p>Goggles</p> <p>Swim cap</p>		<p>Skills</p> <p>Breaststroke</p> <p>Flutter kick</p> <p>Freestyle</p> <p>Front Crawl</p> <p>Backstroke</p> <p>Butterfly</p>
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<p>What's New</p> <p>Activity 1: Puzzle Game</p>													
E	B	F	R	E	A	S	T	S	T	R	O	K	E
E	F	R	A	H	J	F	N	U	L	Y	P	L	A
E	R	Q	H	E	G	H	L	H	G	I	U	C	S
R	A	Y	F	D	T	F	B	G	P	O	M	K	W
F	W	I	U	N	R	G	O	H	J	I	S	V	Q
R	L	R	L	E	U	G	S	U	W	S	Y	T	A
F	U	F	T	K	N	P	U	S	K	J	R	O	X
V	H	T	L	K	K	W	I	K	D	E	I	K	Z
C	U	U	U	R	T	S	Q	T	O	E	I	E	H
B	F	L	U	T	T	T	E	R	K	I	C	T	H

<p>Assessment</p> <p>1. C</p> <p>2. C</p> <p>3. A</p> <p>4. C</p> <p>5. D</p> <p>6. B</p> <p>7. D</p> <p>8. B</p> <p>9. B</p> <p>10. D</p> <p>11. D</p> <p>12. D</p> <p>13. A</p> <p>14. D</p> <p>1. C</p>			<p>What's In (Lesson 4)</p> <p>A.</p> <p>1. Backstroke</p> <p>2. Breaststroke</p> <p>3. Butterfly</p> <p>4. Freestyle</p> <p>B.</p> <p>1. Swim cap</p> <p>2. Goggles</p> <p>3. Touch Pad</p> <p>4. Starting gun</p> <p>5. Swim trunks</p> <p>6. Swim suit</p>			<p>What's In (Lesson 3)</p> <p>1. Running event is typically held in 400-meter track.</p> <p>2. Track Oval, Baton, Hurdles, starting blocks, Starting gun, Spike shoes</p> <p>3. a. Sprint</p> <p>b. Middle Distance</p> <p>c. Long Distance</p> <p>d. Hurdles</p> <p>e. Relays</p>		
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